



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35051, Moose, liver, braised (Alaska Native)

Report Date: July 16, 2017 03:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	66.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Energy	kJ	650	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Protein <sup>1</sup>	g	24.38	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	4.89	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	1.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	3.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	7	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	6.77	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Magnesium, Mg <sup>1</sup>	mg	20	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P <sup>1</sup>	mg	429	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	02/2008
Potassium, K <sup>1</sup>	mg	235	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na <sup>1</sup>	mg	70	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn <sup>1</sup>	mg	6.07	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu <sup>1</sup>	mg	2.789	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Manganese, Mn <sup>1</sup>	mg	0.413	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <sup>1</sup>	mg	22.6	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin <sup>1</sup>	mg	0.196	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin <sup>1</sup>	mg	4.100	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin <sup>1</sup>	mg	10.720	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Pantothenic acid <sup>1</sup>	mg	4.570	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin B-6 <sup>1</sup>	mg	0.910	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, total <sup>1</sup>	μg	217	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Folate, food	μg	217	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12 <sup>1</sup>	µg	71.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2004
Vitamin A, IU <sup>1</sup>	IU	96000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total monounsaturated <sup>1</sup>	g	0.650	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	1.070	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:3 undifferentiated <sup>1</sup>	g	0.450	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol <sup>1</sup>	mg	389	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

#### Sources of Data

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993